

**ABSTRACT**

A push-pull cap dispenser. The cap comprises a radially surrounding sidewall, a top that radially extends from a substantially central cap opening to the sidewall. The cap further comprises a post adapted for sealingly engaging a receiver opening of a receiver  
5 piece, a support structure supporting the post in a spaced position from the cap opening, and an internal cap ring formed on an inner surface of the sidewall of the cap. An outline of the support structure forms a passageway between the cap opening and a hollow space within the cap.

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**DC2/490475**